**WEEK 4 - THE RIGHT MINDSET: Thoughts Challenger Sheet**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Thoughts Challenger Sheet   * Think of a situation that has put you in a negative frame of mind. * Fill in the three headings like the example * Ask yourself the four questions below * Fill in the three columns  |  |  |  | | --- | --- | --- | | **Situation** | **Initial thoughts** | **Initial emotions** | |  |  |  | |  |  |  | | **Challenge your thoughts**  The four questions   * Is it true? * Is it helpful? * Is it fair? * What would you say to your best friend to encourage them if they were in your shoes?   Or ask an affirmation question:   * Why will I be able to finish vacuuming the whole house in the future? * Why can I now do some of the vacuuming? | | | |  |  |  | | **More helpful thoughts** | **New emotions** | **Helpful behaviour and an action plan** | |  |  |  | |